



## FIRST FOODS CLUB SAMPLE MENU

**HOW IT WORKS:** A FIRST FOODS CLUB subscription is meant for the newest of little eaters, a nutrient-dense entry point into the wide world of solid foods! You'll find a mix of purees and a hand-held items each week to help babes gain a sense of independence, hone hunger and satiety cues, and aid growth and development. We focus the FIRST FOODS CLUB on new-eater portions and a distinct focus on protein, healthy fat and cholesterol (nutrients that mimic breastmilk). This week's menu includes:

Each FIRST FOODS CLUB week consists of 6 items so that you may interchange solid foods with breast milk/formula as your baby needs. All items are carefully crafted with health and balance in mind, and we are committed to sourcing seasonal, local/organic, free-range, pasture-raised, grass-fed, non-GMO ingredients. The items included are created with the developmental needs of infants right at the start of their move into solid foods the 5-6 month age range (lots of healthy fats, protein, good cholesterol and iron!). For any new ingredient your baby hasn't tasted before, we always recommend close supervision of a caretaker.

*A helpful note:* New eaters may be more or less hungry from meal to meal, so if portions are a little too much for one feeding, feel free to save items and try a food again at another feeding time. It often takes a child up to 20 times of tasting something to acclimate to a new food or taste profile. And remember that growth stages/spurts can impact the amount a child eats per feeding quite a bit from the age of 6 months!

**This week's menu selections includes....**

### **PUREES (5 total)**

- \* Mango-raspberry smoothie // coconut milk, banana, hempseed, vanilla, lime
- \* Lemony-sumac beet soup topped with zaatar spiced yogurt // onion, garlic
- \* Coconut chia pudding topped with pineapple-mango puree // vanilla, cinnamon, turmeric, lime
- \* Pureed Sweet-potato + chickpea coconut curry // onion, garlic, ginger, red pepper, broccoli
- \* Salmon rillettes + roe // lemon, garlic, onion, Dijon, aioli, herb

### **HAND-HELD ITEM (1 total)**

- \* Pasture raised chicken + liver spinach meatballs with roasted broccoli florets + roasted garlic aquafaba // ginger, tamari, Chinese cooking wine, Dijon, chickpea liquid

***Nourishing food makes for happy bellies, enjoy!***